

CARE COMMUNITY CULTURE

DIABETES TALKING CIRCLE

OPEN TO ALL ◇ SEQUOIA ROOM

Every month Sacramento Native American Health Center, Inc. offers free, informative, and fun workshops about Diabetes Self-Management that focus on education, exercise, and health improvement.

Do you have questions about Diabetes – Type 1, Type 2? Are you looking for answers about how to manage this condition and live a healthy life? Come to this “Open Forum” and have your questions answered!

Two bags of healthy groceries will be given away at this class!


And as always, later in September, Personal Trainer Monica from YMCA will lead us in 45 minutes of low-impact exercise for all abilities that we can also do at home.



A light lunch will be served. Registration is recommended!

TOPIC	DATE	TIME	PRESENTER
Open Forum	Tuesday September 10, 2019	11:00am to 1:00pm	Brian Shaw, Certified Diabetes Educator
YMCA Body Movement for Wellness	Tuesday September 24, 2019	11:00am to 12:00pm	Monica Ng, YMCA Personal Trainer

To register, contact BRIAN SHAW

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